FINANCIAL FITNESS

Financial Fitness, an *individual event*, recognizes participants for their ability to use their mathematical skills to issue checks, complete deposit slips, record other charges, and keep a balanced register.

ELIGIBILITY

- 1. An instructor may submit any blend of six secondary and/or postsecondary entries in this event.
- 2. A participant must be a paid SkillsUSA member and be enrolled in an Occupationally Specific program in which financial management is a part of the curriculum.

CRITERIA FOR EVALUATION

Participant will be evaluated on:

- Penmanship
- Legibility
- Style/form
- Accuracy of checking account
- Speed performance

PROCEDURES AND TIME REQUIREMENTS

- 1. Participants must attend the event orientation session where they will:
 - Receive a nametag and participant ribbon.
 - Be given an overview of the event and the participant's responsibilities.
 - Review time schedule.
- 2. The Financial Fitness event will consist of issuing checks, filling out deposit slips, record other charges, and keeping a balanced register.
- 3. Forty-five minutes will be allowed to complete this event. All participants will stop at the end of the 45-minute period, even if they are not finished with the packet.
- 4. Unfinished items will be deducted from the total score. All participants must turn in all completed work.

- 5. In case of a tie, the participant finishing with the most correct answers in the shortest time will be the winner.
- 6. Checks, deposit slips, check registers, and nonerasable ink pens will be provided.
- 7. Calculators are allowed but must be furnished by the participant.
- 8. Correction fluid or "White-Out" is **Not** allowed.
- 9. Each participant must work independently without assistance from evaluators, teachers, fellow students, or other participants.
- 10. As soon as the participant has completed the assignment and is fully satisfied with the project and workmanship, the participant should turn in the financial fitness packet and have the completion time recorded. This will determine elapsed time and speed.
- 11. Participants will be rated on the basis of total scores. Total scores have a possibility of 100 points and are derived from four categories:

Check Writing	50 Pts.
Deposit Slips	15 Pts.
Check Register	25 Pts.
Handwriting Skills	10 Pts.

12. A total of nine checks will be written. Each check will be evaluated in the following six areas:

Date
Issued to
Amount written in numbers
Amount written in words and numbers
Memo
Signature

13. A total of three deposit slips will be written. Each deposit be evaluated in the following areas:

Date
Printed name
Complete address (City, state, zip)
Types of money (Currency, coins, check)
Total of deposit
Check Register

- 14. The checking account balance will be kept in a register. All checks written, withdrawal transactions, and deposits made must be correctly recorded in the register along with keeping a running balance. A predetermined beginning balance must first be recorded. Thereafter, a total of 9 checks, an ATM transaction, an automatic debit, and 4 deposits will be recorded.
- 15. Participants will be evaluated on overall handwriting skills demonstrated throughout the entire event. Handwriting skills will be evaluated in the following three areas:

Penmanship Legibility Style/Form

PROCEDURES FOR FILLING IN PARTS OF A CHECK

1. Check Number

The checks you receive from your bank will be printed with the numbers already on them. For the purpose of the contest, the check number is printed in this space.

2. Month, Day and Year

Fill in the date you are writing the check. It is acceptable to write the date three different ways.

- Examples: 1. August 27, 20____
 - 2. Aug. 27, 20
 - 3. 8-27-___

3. Name, Address, and **Phone Number**

The checks you receive from your bank will be printed with this information already on them. For purpose of the contest, a fictional name and address will be printed on each check.

4. Pay to the Order of

Write the name of the person or business to whom you are paying money. Paying money by check is called "issuing" or "issued to."

5. Amount of Check in Numbers

This space is for you to write the amount of money being issued. It must be written in numbers only. The dollar sign (\$) will already be printed on each check. When writing checks, begin the number as close to the \$ sign as possible. This prevents dishonest people from inserting numbers and cheating you out of more money than they should be getting. It is acceptable to write the amount in the following ways.

Examples: \$26.42

\$26 42/100

6. Amount of Check Written Out in **Words and Numbers** The amount of the check is also written out using words and numbers. This is done to protect your account from dishonest people. The amounts written in (5) and (6) must be exactly the same. If not, your check will not be accepted by a bank.

 $$26^{42}$

When filling in the amount in words and numbers, dollar amounts are expressed in words and the cents are expressed in numbers. Start your writing at the very beginning of the line so that additional words cannot be added. Refer to page 11 to see the correct spellings for numbers. Notice that beginning with 21, there is a hyphen between "twenty" and "one" (twentyone). This should be included in all numbers between twenty-one and ninetynine.

Separate the dollars from the cents by using the word "and." "And" is actually taking the place of the decimal point. Cents are written next and are in number form expressed as a fractional part of 100 (100 cents in a dollar). The checks you receive from your bank will already have the word "Dollars" printed at the end of the line. If you have empty space between the cents and the word "Dollars," fill in the space with a wavy line.

PROCEDURES FOR FILLING IN PARTS OF A CHECK (Con't)

Acceptable forms:	
Iwenty-six and 42/100	Dollars
Iwenty-six and 42	Dollars
A (U 42/	Dollars
Twenty-six and $\frac{4z}{60}$	Dollars

7. Memo or For

This line is for you to make a note to yourself of what the check was for. Your bank doesn't require you to fill it in, but it is a good habit for you to get into. For the purpose of the contest, you should complete this space.

8. Signature Line

You must sign your name to the check. When you open an account at a bank, they will have you fill out a signature card. The signature you put on the card must be the same as the ones you put on your checks.

Signatures are written or in cursive. It is easier for a dishonest person to copy printing than cursive. Don't worry if your signature looks sloppy or is hard to read. As long as it matches the signature card's signature, your bank will honor your check.

You must decide how you want to sign your name. It can be whatever form you choose. Generally, you should include your first and last name. Middle names or initials are also acceptable. Once you have decided on the form, it will be known as your "legal signature."

For example, John Paul Smith may choose one of the following forms as his legal signature. He must use the one he picks consistently.

John Paul Smith John Smith John Smith John Smith John Smith

9. Name of the Bank

The name of your bank will be printed on the checks received from your bank.

PROCEDURES FOR FILLING IN PARTS OF A CHECK (Con't)

WRITING DOLLARS AND CENTS

In order to correctly complete a check, you must be able to write the amount of the check in words. For example:

Amount of check: \$125.36.

Doll	ar amount v	would be written as: One hundred twenty-five.	
Cent	s amount w	would be written as: 36/100	
The	amount of	the check would then be written as follows:	
One	hundred t	ewenty-five and 36/100 Dollars	
		cents in the amount of the check, it is written as follows:	
		00/100 or no/100. (A wavy line is inserted between the cents and the word "Dollars."	')
		ent dollars and cents amounts below. On the line, write out these amounts as they sh second line of a check.	,
1)	\$ 34.00 _		Dollars
2)	\$ 96.00 _		Dollars
3)	\$115.00		Dollars
4)	\$ 48.36 _		Dollars
5)	\$ 27.18 _		Dollars
6)	\$ 83.00 _		Dollars
7)	\$ 12.50 _		Dollars
8)	\$ 8.00 _		Dollars
9)	\$126.54		Dollars
10)	\$210.00		Dollars

PARTS OF A CHECK John or Jan Doe 216 N. Main Somewhere, OK 73000 405-555-1212 Pay to the order of Dollars 1st National Bank Somewhere, OK For

6

8

1. Check number.

9

- 2. Month, day, and year on which the check was written.
- 3. Name, address, and phone number of the person writing the check.
- 4. Name of the person or place to whom the check is being written.
- 5. Amount of the check, in numbers.
- 6. Amount of the check, written out in words and numbers.
- 7. What the check was written for.
- 8. Signature of the person writing the check.
- 9. Name of the bank.

PROCEDURES FOR FILLING IN A DEPOSIT SLIP

Before writing a check, you must first be sure you have money in your checking account. You put money into your checking account by making a deposit at your bank. To put money in your checking account, you must fill out a deposit slip.

1. Name. Address, and Phone Number The checks you order from your bank will come with deposit slips in the back. This information will be printed on your deposit slips. For the purpose of the contest, a fictional name, address, and phone number will be printed on each deposit slip.

2. Date

Fill in the date you are making the deposit. It is acceptable to write the date three different ways.

- Examples: 1. August 27, 20
 - 2. Aug. 27, 20____
 - 3. 8-27-___

3. Signature

Sign your name here only if you are taking cash out of the deposit you are making.

4. Name of Bank

The name of your bank will be printed on the deposit slips you receive with your checks.

5. Cash (Currency)

Currency means paper money or bills, such as \$1, \$5, \$10, \$20, \$50, \$100. Write the total amount of the paper money you are depositing.

6. Cash (Coin)

Coins mean the money made from metal (pennies, nickels, dimes, quarters, half-dollars, and silver dollars.) Add up the amount of coins you are depositing and write the total.

7. List checks singly

If you are depositing checks you received as payment from someone else, list each check. Most deposit slips have room on the front to list only two or three checks. If you are depositing more than that, use the back of your deposit slip to list each check singly.

8. Total from other side

If you have listed checks on the back, add them together and write the total. You must then write the total from the back in this space on the front of the deposit slip.

9. Total

Add together everything you are depositing in each of the categories (5, 6, 7, 8) and write the combined total here.

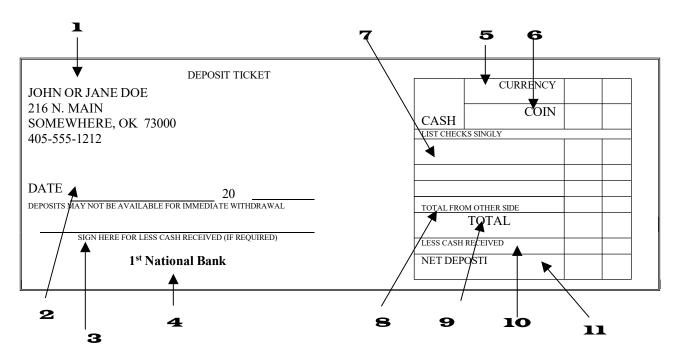
10. Less cash received

When depositing checks, you may decide to take out some cash from them. Use this space to write in the cash you want. When taking cash from your deposit, the bank will require you to sign for it (See 3). You must subtract the cash you receive from the combined total on line 9.

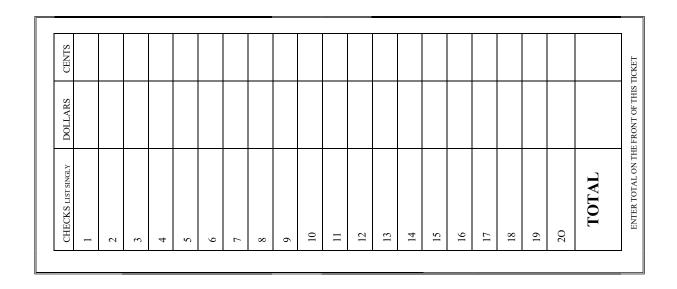
11. Net Deposit

After you have subtracted any cash received, write the amount you are actually depositing in this space. If you have not taken any cash out of the deposit, the total (9) and Net Deposit (11) should be the same.

PARTS OF A DEPOSIT SLIP Front of Deposit Slip



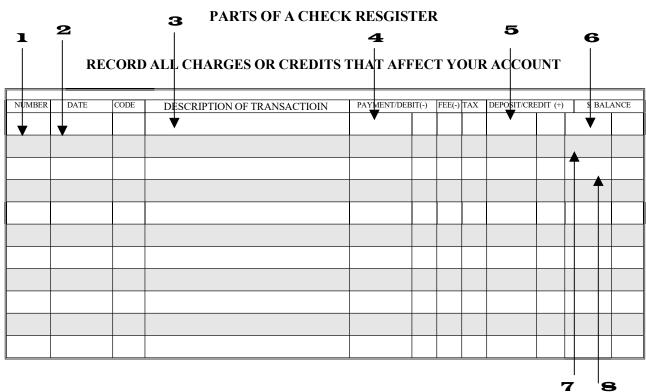
Back of Deposit Slip



RECORDING YOUR CHECKS, WITHDRAWALS AND DEPOSITS

KEEPING A BALANCE

The amount of money in your checking account is called the **balance**. Each time you write a check or withdrawal you must record it in your checkbook register and **subtract** the amount of the check to get your new balance. You must also record deposits in your checkbook register and **add** the amount of the deposit to get your new balance.



- 1. Check number.
- 2. Date check was written or date of withdrawal.
- 3. Person to whom the check was written or withdrawal transaction.
- 4. Amount of the check or withdrawal (-).
- 5. Amount of the deposit (+).
- 6. Balance before the check or withdrawal was written or money was deposited.
- 7. Amount of check or withdrawal (subtract from the balance) or amount of deposit (add to the balance).
- 8. New balance after check, withdrawal or deposit.

RECORDING YOUR CHECKS (Con't)

John Doe wrote the check below. He also deposited money in his checking account and had an ATM withdrawal. Look at the check, the deposit slip, and the withdrawal to see how he recorded them in his checkbook register to get his new balance.

John or Jane Doe 216 N. Main Somewhere, OK 73000 405-555-1212	Check No. 2174
Pay to the order of Doris Automotive Center Thirty-six and 52/100	\$ _36.52 Dollars
1st National Bank Somewhere, OK For New tire	John Doe

DEPOSIT TICKET		CURRENCY	20	00
JOHN OR JANE DOE			20	00
216 N. MAIN SOMEWHERE, OK 73000	CASH	COIN	1	50
405-555-1212	LIST CHECK		1	
	Bill's	Plumbing	256	21
DATE January, 12 20 05				
DEPOSITS MAY NOT BE AVAILABLE FOR IMMEDIATE WITHDRAWAL	TOTAL FRO	M OTHER SIDE		
SIGN HERE FOR LESS CASH RECEIVED (IF REQUIRED)		TOTAL	277	71
Sign hald rest also enter that (it responses)	LESS CASH	RECEIVED		
1 st National Bank	NET DEP	OSTI	277	71

NUMBER	DATE	CODE	DESCRIPTION OF TRANSACTION	PAYMENT/DE	BIT(-)	FEE(-)	TAX	DEPOSIT/CRE	EDIT (+)	\$ BAL	
2174	1-7-23		Doris Automotive	36	52			\$		-36	52
										138	11
	1-12-23		Deposit					277	71	+277	71
										415	82
	1-15-23		ATM withdrawal	40	00					-40	00
										375	82
	1-18-23		Auto Deposit					20	00	+20	00
			Turtle Pay							395	82
	1-20-23		Auto Withdrawal	90	00					-90	00
			Tiny Tot Day Care							305	82

PROCEDURES FOR FILLING IN PARTS OF A CHECK (Con't)

				I	
1.	One	20.	Twenty	102.	One hundred two
2.	Two	21.	Twenty-one	103.	One hundred three
3.	Three	22.	Twenty-two	104.	One hundred four
4.	Four	23.	Twenty-three	105.	One hundred five
5.	Five	24.	Twenty-four	106.	One hundred six
6.	Six	25.	Twenty-five	107.	One hundred seven
7.	Seven	26.	Twenty-six	108.	One hundred eight
8.	Eight	27.	Twenty-seven	109.	One hundred nine
9.	Nine	28.	Twenty-eight	110.	One hundred ten
10.	Ten	29.	Twenty-nine	111.	One hundred eleven
11.	Eleven	30.	Thirty	112.	One hundred twelve
12.	Twelve	40.	Forty	113.	One hundred thirteen
13.	Thirteen	50.	Fifty	114.	One hundred fourteen
14.	Fourteen	60.	Sixty	115.	One hundred fifteen
15.	Fifteen	70.	Seventy	116.	One hundred sixteen
16.	Sixteen	80.	Eighty	117.	One hundred seventeen
17.	Seventeen	90.	Ninety	118.	One hundred eighteen
18.	Eighteen	100.	One hundred	119.	One hundred nineteen
19.	Nineteen	101.	One hundred one	120.	One hundred twenty
		1	Cents Amount		
.0	00/100 or no/100	6	06/100	15	15/100
.1	01/100	7	07/100	20	20/100
2	02/100	8	08/100	25	25/100
3	03/100	9	09/100	50	50/100
4	04/100	10	10/100	99	99/100
			te – Acceptable Forms		
	Name of	Month -	- (Abbreviation) – Number	of Mon	th
Januar	y (Jan.) 1	May	5	Septem	nber (Sept.) 9
Februa	ry (Feb.) 2	June	6	Octobe	er (Oct.) 10
March	3	July	7	Novem	nber (Nov.) 11
April	4	August	(Aug.) 8	Decem	ber (Dec.) 12

Use the following information to complete the Financial Fitness contest.

1. Beginning Balance: \$324.19

2.	Check Number Date Issued to Amount For	January 6, Jerry's Pharmacy \$72.14 Prescriptions
3.	Check Number Date Issued to Amount For	2109 January 9, Gas-N-Go \$14.28 Gas
4.	ATM withdrawal	January 12, \$40.00 Cash
5.	Deposit Date Coin Currency Checks from	January 21, \$2.53 \$46.00 McDonald's - \$175.17 Nancy Miller - \$26.30
6.	Check Number Date Issued to Amount For	2110 February 1, Greenbelt Property Management Company \$175.00 Rent
7.	Check Number Date Issued to Amount For	2111 February 5, Continental Bell Telephone Company \$36.91 Telephone bill
8.	Check Number Date Issued to Amount For	2112 February 10, Al's Thrift-T-Wise \$67.49 Groceries
9.	Deposit Date Coin Currency Checks from	February 11, \$1.73 \$35.00 McDonald's \$188.27

10.	Check Number	2113
	Date	February 23,
	Issued to	American Mutual Insurance Company
	Amount	\$206.57
	For	Car insurance
11.	Automatic Debit	
	Date	February 25,
	Issued to	Tiny Tot Day Care Center
	Amount	\$89.50
	For	Child Care
12.	Check Number	2114
	Date	March 1,
	Issued to	Structure
	Amount	\$32.38
	For	Shirt
13.	Deposit	
	Date	March 3,
	Coin	\$2.06
	Currency	\$85.00
	Checks from	McDonald's - \$197.26
		John Public - \$64.97
14.	Check Number	2115
	Date	March 6,
	Issued to	GMAC
	Amount	\$227.21
	For	Car payment
15.	Automatic Deposit	
	Date	March 7,
	From	Turtle Pay
	Amount	\$50.71
16.	Check Number	2116
	Date	March 8,
	Issued to	Jennifer Scoggins, MD
	Amount	\$59.04
	For	Medical

Use the checks and deposit slips below to complete the CHECK WRITING portion of the contest. Any writing or pen marks that extend beyond the boundaries of the form automatically forfeit points in the category. Students should sign their name in the signature blanks.

1. Beginning Balance: \$32	24.19	\$32	lance:	Ba	ning	Begin	1.
-----------------------------------	-------	------	--------	----	------	-------	----

2.

John or Jane Doe 216 N. Main Somewhere, OK 73000 405-555-1212	Check No. 2108
Pay to the order of	\$ \$ Dollars
1st National Bank Somewhere, OK For	

2		
J	•	

John or Jane Doe 216 N. Main Somewhere, OK 73000 405-555-1212	Check No. 2109
Pay to the order of	\$Dollars
1st National Bank Somewhere, OK For	

DEPOSIT TICKET JOHN OR JANE DOE 216 N. MAIN SOMEWHERE, OK 73000 405-555-1212	CASH COIN LIST CHECKS SINGLY
DATE20	TOTAL FROM OTHER SIDE
SIGN HERE FOR LESS CASH RECEIVED (IF REQUIRED)	TOTAL LESS CASH RECEIVED
1 st National Bank	NET DEPOSTI

	FINANCIAL FITNESS CONTES
6	

John or Jane Doe 216 N. Main Somewhere, OK 73000	Check No. 2110
405-555-1212	20
Pay to the order of	\$
	Dollars
1st National Bank Somewhere, OK	
Somewhere, OK For	

7.

John or Jane Doe 216 N. Main Somewhere, OK 73000	Check No. 2111
405-555-1212	20
Pay to the order of	\$
	Dollars
1st National Bank Somewhere, OK For	

John or Jane Doe 216 N. Main Somewhere, OK 73000	Check No. 2112
405-555-1212	20
Pay to the order of	\$
	Dollars
1st National Bank Somewhere, OK For	

DEPOSIT TICKET		
JOHN OR JANE DOE	CURRENCY	
216 N. MAIN	COIN	
SOMEWHERE, OK 73000	CASH	
405-555-1212	LIST CHECKS SINGLY	
DATE		-
DATE 20 DEPOSITS MAY NOT BE AVAILABLE FOR IMMEDIATE WITHDRAWAL	TOTAL FROM OTHER SIDE	-
DEFOSITS MAT NOT BE AVAILABLE FOR IMMEDIATE WITHDRAWAL	TOTAL FROM OTHER SIDE	-
SIGN HERE FOR LESS CASH RECEIVED (IF REQUIRED)	TOTAL	
SIGN HERE FOR LESS CASH RECEIVED (IF REQUIRED)	LESS CASH RECEIVED	
	NET DEPOST	
1st National Bank	NET DEPOSTI	
T THEODING		
John or Jane Doe		
216 N. Main	Check No. 2113	
Somewhere, OK 73000	20	
405-555-1212	20	
Pay to the		
order of	\$	
	Do	
1 st National Bank Somewhere, OK		
John or Jane Doe	C1 1 N 2114	
216 N. Main	Check No. 2114	
Somewhere, OK 73000 405-555-1212	20	
403-333-1212		
Pay to the		
order of	\$	
-	Do	ollaı
1st N. C. I.D. I		
1st National Bank Somewhere, OK		

	DEPOSIT TICKET		CURRENCY	
	JOHN OR JANE DOE			
	216 N. MAIN	CASH		
	SOMEWHERE, OK 73000 405-555-1212	LIST CHECK	KS SINGLY	
	403-333-1212			
	DATE 20			
	DEPOSITS MAY NOT BE AVAILABLE FOR IMMEDIATE WITHDRAWAL	TOTAL FRO	OM OTHER SIDE	
			TOTAL	
	SIGN HERE FOR LESS CASH RECEIVED (IF REQUIRED)	LESS CASH	RECEIVED	
		NET DEP	POSTI	
	1 st National Bank	NLI DLI	OSII	
	T TWO HILL			
14.				
	John or Jane Doe			2117
	216 N. Main Somewhere, OK 73000		Check No.	2115
	405-555-1212		20	
	Pay to the order of		\$	
				Donais
	1stal di 1D 1			
	1 st National Bank Somewhere, OK			
	a support			
16.				
	John or Jane Doe			
	216 N. Main		Check No.	2116
	Somewhere, OK 73000 405-555-1212		20	
	Pay to the order of		\$	
	order or		Ψ	
				Dollars
	1 st National Bank			
	Somewhere, OK			
	For			

RECORD ALL CHARGES OR CREDITS THAT AFFECT YOUR ACCOUNT

CHECK NUMBER	DATE	DESCRIPTION OF TRANSACTION	PAYMEN' DEBT (-)	Т/	Т	FEE (IF ANY) (-)	DEPOSIT/ CREDIT (+)	BALANCE	2
						()		\$	

FINANCIAL FITNESS RATING SHEET

Name of Participant		Chapter:				
Category: Occupational - Instructions: Fill in the correct score sheet. Comments should help participations	bubble. Write the appropriate					
Evaluation Criteria	Poor	Fair	Good	Very Good	Excellent	Score
CHECK WRITING						
Correctly filled out, free of mark-outs, spelling, and grammatical errors	0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19	20 21 22 23 24 25 26 27 28 29 30 31	32 33 34 35 36 37 38 39 40	41 42 43 44 45 46	47 48 49 50	
DEPOSIT SLIPS						
Correctly filled out, free of mark-outs, spelling, and grammatical errors	0 1 2 3	4 5 6	7 8 9	10 11 12	13 14 15	
CHECK REGISTER						
Accuracy of: beginning balance, checks entered, ending balance	0 1 2 3 4 5	6 7 8 9 10	11 12 13 14	15 16 17 18 19	20 21 22 23 24 25	
HANDWRITING SKILLS AND SP	EED					
Penmanship, Legibility, Form, Style	0 1 2	3 4	5 6	7 8	9 10	
			Total	Score		
Verification of Total Score (please initial Evaluator ONE TWO	THREE	Event Chair				
Circle Rating Achieved	Gold 90-100	Silver 70-89.99	Bronze 1-69	.99		